

GLUTEN FREE

FOOD SOLUTIONS

FEBRUARY 2015 ISSUE

VALENTINE'S DAY RECIPES

**RED VELVET TRUFFLES
OH MY!**

NUTRITION

**RED
FOODS**
FOR HEALTH

FOOD

WHAT'S FOR DINNER?

**CHICKEN DISHES
YOU'LL LOVE!**

SCIENCE

**PEDIATRIC
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**YOUR HEALTH
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16

SCIENCE

Celiac disease in children is not the same as in adults. Get the facts from Leigh Reynolds.

**NUTRITION**

Dr. Hyman advises on how to tame the flames of heartburn naturally.

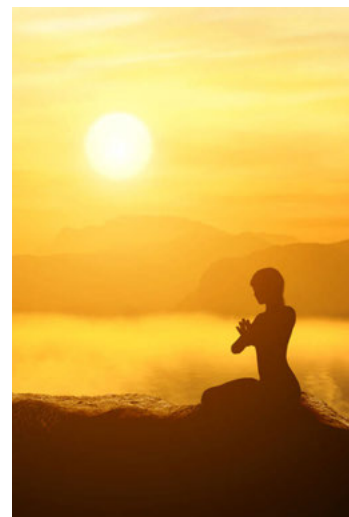
10

FOOD

So many new dishes to wow your family, impress your guests and show your Valentine love this month!



26

**MIND-BODY**

Insight on the importance of self-care in achieving optimal health.

38

Editor's Letter.....	4
Letters to the Editor.....	8
Pediatric Celiac Disease.....	10
The Celiac-Cardiac Connection.....	12
Check Up with Dr. Mark Hyman.....	16
5 Doc-approved Ways to Fight the Flu.....	20
Superfood Challenge.....	24
Importance of Self-Care for Optimal Health.....	26
15 Nutrition Tips to Start Today.....	30
Improve Your Health with Nature.....	32
Red Foods for Health.....	34
This Month in Food.....	38
Rosy Roasted Beetroot Soup.....	39
Chicken Fajitas.....	40

Chicken Confit.....	42
Chicken Piccata.....	44
Jazz Up Your AM Oats.....	46
Editor's Picks.....	48
Strawberry Truffles.....	50
Macadamia Cups.....	51
Valentine's Day Candy.....	52
Paleo Red Velvet Cakes.....	54
Chocolate Surprise Coconut Cups.....	56
Chocolate Pomegranate Bursts.....	58
Chocolate Covered Strawberries.....	60
Romantic Red Velvet Cupcakes.....	63
Your Food Solutions.....	66
Pretty in Pink Valentine Cupcakes.....	68

the editor

LETTER
FROM

It's not only important to start the New Year off right, it's essential that we keep those healthy vibes flowing all year long, carrying us into each new month feeling and looking our best!

If you're in a cold part of the world like I am right now, that can sound much easier than it really is. After all, a fluffy sweater and cozy mug of cocoa by the fire certainly sounds more inviting than an early morning run when the mercury dips below freezing.

Regardless of what the thermometer reads, this month our team of experts have precisely what you need to keep yourself healthy inside and out. And because February is the perfect time to celebrate matters of the heart, both literally and figuratively, we have insight into how to

tame heartburn naturally (did you know antacids can harm your health??), how to show yourself more love to achieve optimal health and, of course, gluten-free Valentine's Day treats for all your Valentines. This issue is brimming with information, advice and recipes!

Speaking of advice, if you need any related to gluten-free living, be sure to drop me a line at Gigi@FoodSolutionsMag.com. I always love hearing from you! Your question may be featured in our Your Food Solutions department and it could help others, too.

Stay warm, stay well and stay in touch,

Gigi Stewart, M.A.
Editor in Chief

Gigi



GLUTEN FREE

FOOD SOLUTIONS

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LEIGH REYNOLDS recognized a need for high quality-gluten free nutritional supplementation so she founded Gluten Free Therapeutics™. Leigh set out to make one of the most beneficial gluten-free supplement lines available. With high quality pharmaceutical grade ingredients and scientifically researched formulations Gluten Free Therapeutics™ is proud to offer its customers a superior line of nutritional supplements called CeliVites.



MARK HYMAN, MD has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach known as Functional Medicine. He is a family physician, an eight-time New York Times bestselling author, and an internationally recognized leader in his field. Through his private

practice, education efforts, writing, research, advocacy and public policy work, he strives to improve access to Functional Medicine, and to widen the understanding and practice of it, empowering others to stop managing symptoms and instead treat the underlying causes of illness, thereby also tackling our chronic-disease epidemic.

Dr. Hyman is Chairman of the Institute for Functional Medicine, and was awarded its 2009 Linus Pauling Award for Leadership in Functional Medicine. He is currently medical editor at the Huffington Post and on the Medical Advisory Board at The Doctor Oz Show. He is on the Board of Directors of The Center for Mind-Body Medicine, and a faculty member of its Food As Medicine training program. He is also on the Board of Advisors of Memhet Oz's HealthCorps, which tackles the obesity epidemic by "educating the student body" in American high schools about nutrition, fitness and mental resilience. He is a volunteer for Partners in Health with whom he worked immediately after the earthquake in Haiti and continues to help rebuild the health care system there. He was featured on 60 Minutes for his work there.

Originally from London, **KAVITA KAUL** brought her vibrant style and bright personality to New York



in May 2011; since then she has quickly become a firm fixture and familiar face within the fashion, print and commercial industries. With clients such as Nike, Toyota, Golsch, Puma and Honda behind her, her work can also be found in publications such as Creem magazine, Filler magazine, Genlux, Teen Vogue and Elle UK. Her love of skincare and cosmetic products also means Kavita's beauty writing can be found in several international magazines. Believing in the transformative power of make-up her goal is not to change a woman's face, but to use it to empower women into owning own unique beauty. See more of Kavita's work here.



CYNTHIA S. RUDERT, M.D., F.A.C.P., is a Board Certified Gastroenterologist in Atlanta, Georgia, whose practice is primarily devoted to the screening

and following of patients with celiac disease. With one of the largest practices in the United States that manages adults and teenagers with celiac, she has evaluated over 1000 patients with celiac disease and gluten sensitivity.

Dr. Rudert's focus is identifying the core causes of gastrointestinal issues with a comprehensive evaluation enabling her to treat underlying medical conditions that may have previously been undetected. Dr. Rudert then creates an individualized course of treatment tailored to each patient's unique set of needs. Rather than just treating the symptoms of the disease, Dr. Rudert believes the best results are achieved by getting to the core cause of the problem and treating the disease accordingly. Dr. Rudert sees patients from all over the United States for second opinion consults on a variety of gastrointestinal disorders.

Committed to educating the public, patients and physicians about this commonly missed disorder, Dr. Rudert lectures throughout the United States and Canada on celiac disease. She also lectures on inflammatory bowel disease, irritable bowel syndrome, pancreatic exocrine insufficiency and small intestinal bacterial overgrowth.

Dr. Rudert is Medical Advisor for the Celiac Disease Foundation, the Gluten Intolerance Group of North America and for the Gluten Free Certification Organization (GFCO). She is Medical Director for Atlanta Gluten Intolerance Group (GIG), and founder and president of the Atlanta Women's Medical Alliance, the largest alliance of female physicians in the United States.

In demand as an expert in celiac disease, she was the Keynote Speaker for multiple programs including the New England Celiac Conference, co-hosted with the Beth Israel Deaconess Medical Center/Harvard, and national GIG meetings. Dr. Rudert was the advising physician for the popular television series *House* which featured a segment concerning celiac. Dr. Rudert is a former Assistant Professor of Medicine with Emory University. Learn more about Dr. Rudert and her practice at DrCynthiaRudert.com.



MARCI PAGE SLOANE, MS, RD, LDN, CDE is a Registered and Licensed Dietitian/Nutritionist and Certified Diabetes Educator in

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Marci is CEO of Food Majesty, Inc. author of *Reality Diabetes ~ type 2*, *The Diet Game: Playing for Life!*, *The Divorced Woman's Diet* and is contributor to *Chicken Soup for the Soul Healthy Living Series Diabetes*. Sloane is a nutrition and disease counselor, speaks frequently in the community, is coordinator of American Diabetes Association (ADA) programs, an ADA Valor Award recipient and does radio, television and magazine interviews. Marci is passionate about her work and it shows when you meet her.



Chef **LISI PARSONS**, two-time author of gluten-free & Paleo Cookbooks, a recipe developer for fitness professionals, and a diagnosed celiac. She also suffers from Hashimoto's disease and recovered from a disabling nerve injury with the help of whole foods. Lisi has worked as a personal trainer and meal planner

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AVIVA ROMM, MD is a Board Certified Family Physician, certified professional midwife, herbalist, and the creator of *Herbal Medicine for Women*, a distance course with over 800 students around the world. An internationally respected authority on botanical and functional medicine for women and children, with 30 years of clinical experience, she is the author of 7 books on natural medicine, including *Botanical Medicine for Women's Health*, winner of the American Botanical Council's James Duke Award.

Dr. Romm is an Adjunct Assistant Clinical Professor in the Department of Family Medicine at Tufts University School of Medicine. She is also a member of the Advisory Board of the Yale Integrative Medicine Program, is Medical Director of the American Herbal Pharmacopoeia and Therapeutic

Compendium, and sits on the expert panel of the American Herbal Products Association's *Botanical Safety Handbook*. She also serves on the Advisory Committee of the American Botanical Council and as Associate Editor of the *Journal of Restorative Medicine*.

Dr. Romm is a leader in the revolution to transform the current medical system into one that respects the intrinsic healing capacities of the body and nature - while helping women take their health into their own hands. Her goal is to foster greater access to a health-based, trans-disciplinary health care model. Her primary commitment is to practicing and teaching clinical medicine, promoting an ecological basis for health, and continuing to care for mothers, children, and families.

Dr. Romm practices Functional Medicine for women and children at The UltraWellness Center of Dr. Mark Hyman in Lenox Massachusetts.

Learn more at www.avivaromm.com and visit her on Facebook www.facebook.com/AvivaRommMD

LETTERS

to the editor

What an awesome January issue to start off the New Year!! Thank you FSM team for all the helpful hints and advice and for the great recipes!
~ **Joan R.**



We just decided as a New Year resolution to give the paleo diet a try and so far so good! Can you imagine how excited we were to see how many paleo recipes are in every issue of Food Solutions?? Thank you so much for sharing these. I know they will come in handy! ~ **Rick C.**

New reader here and I am loving what I see so far. My daughter's teacher told me about FSM and now I will be looking forward to every issue. I was diagnosed with celiac disease and Hashimoto's right before Christmas and a gluten-free diet is my only choice now for getting my health back on track. This is a great resource to have to refer to over and over. I'm scouring all the older issues, too! The recipes are amazing! Thank you!! ~ **Kiera L.**



I would like to ask for two things. First, more bread recipes and

second, more slow cooker meals that I can let cook while I'm at work. I love FSM, thank you for all you do to keep us gluten-free'ers informed! ~ **Janie F.**





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Pediatric Celiac Disease

BY LEIGH REYNOLDS

IS DIFFICULT TO DIAGNOSE

Children with celiac disease often have elusive symptoms

Celiac disease affects children as well as adults, and recent studies suggest the disease may be much more prevalent in children than previously thought. That's because celiac disease tends to present a little differently in children, making a diagnosis more problematic in many cases. This leads to frustration as parents look for an explanation for their child's symptoms. In addition to the gastrointestinal symptoms that arise from the gluten reaction, other organs can also be involved. When not detected early in children, the malnutrition that occurs with celiac disease can create lifelong effects including weak bones, stunted growth and even learning disabilities. What's more, in some children the disease may be "silent," causing no traditional gastrointestinal symptoms to cause parents and doctors to be suspicious that the disease may be present.

A study from researchers at the University of Maryland defines "classic" CD as disease that typically begins between six and 24 months of age, resulting in chronic diarrhea, abdominal bloating, poor appetite and irritability or moodiness, followed by poor growth and, eventually, weight loss. By contrast, the "non-classical" form of pediatric CD typically manifests between five and seven years of age,

Many insurance companies do not cover the costs of intestinal biopsies to diagnose pediatric celiac disease

causing vomiting, recurrent belly pain, constipation, nausea and bloating, as well as symptoms like shorter stature, defects in the dental enamel, dermatitis herpetiformis, iron deficiencies and even abnormal liver function.

The same study notes delays in diagnosis may be due in part to the fact that many insurance companies do not cover the costs of intestinal biopsies to diagnose pediatric celiac disease and that testing methods among pediatric patients may be inconsistent.

The *Journal of Pediatric Gastroenterology and Nutrition* has endeavored to make diagnosis a little easier by publishing guidelines specifically aimed at the pediatric population. Here's what they recommend:

- CD should be an early consideration in differential diagnosis for children who demonstrate symptoms of failure to thrive (FTT), persistent diarrhea, recurrent belly pain, constipation and vomiting.
- Testing for CD should be conducted in children with non-GI symptoms like dental enamel problems, bone density issues, short stature, delayed puberty, dermatitis herpetiformis, type 1



diabetes, Down syndrome, autoimmune thyroiditis, Williams syndrome, Turner syndrome and selective IgA deficiency, as well as those with first-degree relatives with CD.

- Testing for patients in the above group should begin at three years of age and repeated at regular intervals if initial tests are negative since the disease may develop later on.

A 2010 Danish study found a simple questionnaire could help identify kids most at risk for having celiac disease. These are the questions they suggest parents consider if they suspect their child may have CD:

- Is your child growing and gaining weight normally?
- Has your child ever had diarrhea for a period exceeding two weeks?
- Does your child often have firm, hard bowel movements?
- Has your child had belly pain more than twice in the past three months?

If the answer to any of these questions is yes, ask your child's pediatrician about conducting a blood test to diagnose CD. As your child's advocate, you can help

ensure your child gets the tests he or she needs to be properly diagnosed by talking with your doctor about emerging studies that suggest more children have undiagnosed celiac disease than previously suspected.



ABOUT THE AUTHOR

Leigh Reynolds is the Founder and President of **Gluten Free Therapeutics, Inc.**, the makers of **CeliVites**, a line of scientifically developed nutritional supplements specifically designed for celiac patients. Leigh set out to make one of the most beneficial gluten-free supplement lines available. With high quality pharmaceutical grade ingredients and scientifically researched formulations Gluten Free Therapeutics™ is proud to offer its customers a superior line of nutritional supplements called CeliVites.



THE HEART DISEASE - CELIAC DISEASE CONNECTION

By Ellen Antoine,
DO, FACEP, ABIHM, IFMCP

Heart disease is the leading cause of death in the United States, accounting for 25 percent of deaths each year, according to the U.S. Centers for Disease Control and Prevention. They noted that each year approximately 600,000 people die of heart disease and an overwhelming 720,000 Americans experience a heart attack.

The most common risk factors for heart disease include high blood pressure, high cholesterol, and smoking. Certainly diabetes, obesity, poor diet, lack of physical exercise, and excessive alcohol use also increase the risk for coronary plaque. A recent study demonstrated a nearly doubled

risk of coronary artery blockage in those with celiac disease.

In an article published in the *Journal of American College of Cardiology* in 2014, the authors noted that coronary artery disease prevalence is higher among celiac disease patients. This study was the first of its kind to examine this relationship and involved the review of over 22 million patient's medical records. There was a statistically significant increased risk of heart disease found in celiac patients.

Chronic inflammation is being increasingly implicated in the development of atherosclerosis. Many might remember there was



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an association found between gingivitis and coronary artery disease, with inflammation being one of the root causes.

There are several contributors to cardiovascular disease. Inflammation, as already mentioned, and autoimmunity (the process of the body attacking itself) are two of them. Celiac disease is an autoimmune condition in which the body attacks the villi (absorptive fingerlike projections) of the small intestines in people with this disorder who consume gluten. In celiac sufferers, the gastrointestinal tract is damaged and thus inflamed as a result of the interaction with gluten. This inflammation leads to breakdown between the cells in the walls of the intestines. This allows for different 'foreign' materials to enter the blood stream. Seventy percent of our entire body's immune system lines the GI tract and when these 'invaders' enter through the permeable lining, the immune system is triggered. This inflammation and immune response

does not isolate itself to the GI tract but causes immune cell activation throughout the body. These immune cells release chemicals designed to neutralize the 'invader.' Unfortunately, these substances (called 'inflammatory cytokines' and other proteins) produce inflammation in various organ systems, including the cardiovascular system.

According to the Celiac Disease Foundation, celiac disease is estimated to affect one in 100 people worldwide. Over 80 percent of Americans with this condition are undiagnosed and are at risk for long-term health complications, including silent coronary disease.

That being said, heart disease may not be silent and may indeed illicit warning signs. Being familiar with these signs is crucial. They include:

- Chest pain – it may or may not radiate to the jaw, shoulders, or neck
- Shortness of breath
- Nausea and vomiting

- Irregular heart beats
- Lightheadedness/dizziness
- Fainting/near-fainting
- Loss of exercise tolerance
- Fatigue
- Back pain
- Indigestion
- Sweating for no apparent reason

Understanding this increased risk of coronary atherosclerosis in those with celiac disease may help you identify a risk you were not aware of. It also underscores the importance of strictly adhering to a gluten-free and low inflammatory diet. If you have been diagnosed with this autoimmune process, speak with your doctor about whether cardiac screening tests are appropriate. If you suspect you may be suffering with this condition but have yet to be diagnosed, contact your primary care physician or functional medicine specialist for evaluation.

Learn more about **Dr. Antoine** at www.vinehealthcare.com



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BY DR. MARK HYMAN

Tame Those Flames

HOW TO CONTROL
HEART BURN
AND REFLUX

ARE MILLIONS OF US BORN with a genetic defect that makes us produce too much stomach acid? Do we just have a major evolutionary design flaw that requires us to take powerful acid-blocking drugs to prevent heartburn and reflux?

I believe that the answer to all of these questions is a resounding “no.”

Let me explain why I say that, and provide you with a simple 3-step approach that will help you prevent acid reflux and heartburn by treating its underlying causes.

The Truth about Acid-Blocking Medications

At least 10 percent of Americans have episodes of heartburn every day, and 44 percent have symptoms at least once a month. Overall, reflux or GERD (gastroesophageal reflux disease, also known as heartburn) affects a whopping 25 to 35 percent of the US population! (i) As a result, acid-blocking medications are the third top-selling type of drug in America today. Two other drugs to treat reflux, Nexium and Prevacid, are among the world's best-selling drugs(ii) and account for \$5.1 and \$3.4 billion in sales annually (in 2006)!

Things have certainly changed since I was in medical school. In those days, GERD wasn't even considered a serious disease. Instead, people had heartburn or ulcers, but that was pretty much it. When acid-blocking drugs first came on the market, even the pharmaceutical representatives warned us how powerful these drugs were. They told us not to prescribe them any longer than 6 weeks and only for patients with documented ulcers.

Now, these drugs are given like candy to anyone who ate too many hot dogs at a ball game — and some of those drugs are now available without a prescription. Their manufacturers have created the

illusion that we can eat whatever we want with no consequences, just by popping a pill. They even have commercials showing a family rushing to stop their father from eating a big sausage with fried onions and peppers — and he tells them not to worry because he took his acid-blocking pill!

I know someone who used to work for the makers of Pepcid, another acid blocker. He told me that when it first became available over the counter, teams of drug company representatives would stand at the gates of county fairs and southern barbeques and hand out free samples. In reality, acid-blocking drugs are a double-edged sword. Let's look at some of the recent research on the dangers of these drugs.

What the Research Tells Us about Acid-Blocking Medications

Acid blocking drugs obviously block acid that can cause symptoms of heartburn and reflux. But your body actually needs stomach acid to stay healthy. Stomach acid is necessary to digest protein and food, activate digestive enzymes in your small intestine, keep the bacteria from growing in your small intestine, and help you absorb important nutrients like calcium, magnesium, and vitamin B12.

There's evidence that taking these medications can prevent you from properly digesting food, cause vitamin and mineral deficiencies, and lead to problems like irritable bowel syndrome, depression, hip fractures, and more. For example, studies show that people who take acid-blocking medications for the long term can become deficient in vitamin B12,(iii) which can lead to depression, anemia, fatigue, nerve damage, and even dementia, especially in the elderly.

The research also tells us that taking these drugs can cause dangerous overgrowth of bacteria in the intestine called Clostridia, leading to life-threatening

Studies show
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ABOUT THE AUTHOR

MARK HYMAN, MD is dedicated to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach called Functional Medicine. He is a family physician, a eight-time New York Times bestselling author, and an international leader in his field. Through his private practice, education efforts, writing, research, and advocacy, he empowers others to stop managing symptoms and start treating the underlying causes of illness, thereby tackling our chronic-disease epidemic. To learn more about Dr. Hyman and Functional Medicine, visit drhyman.com

infections.(iv) For many more people, low-grade overgrowth of bacteria in the small intestine leads to bloating, gas, abdominal pain, and diarrhea (many of the common “side effects” noted in the warnings for these drugs). This can cause irritable bowel syndrome.

In addition, a recent study in the Journal of the American Medical Association found that chronic use of acid-blocking drugs leads to an increase in the development of osteoporosis and increase in hip fracture because blocking acid prevents the absorption of calcium and other minerals necessary for bone health.(v)

All this is only part of the problem. There have even been some reports that these drugs may increase the risk of certain cancers.

These are serious health concerns, and it's pretty clear that in this case, the

“cure” of acid-blocking drugs is worse than the “disease” of GERD. But that's of little comfort when you're suffering from heartburn.

So if drugs are not the answer, what is? We need to find the real causes of reflux and heartburn, get rid of them, and use the right foods, nutrients, and lifestyle therapies to heal the problem.

What Causes GERD?

Fried food, alcohol, caffeine, and soda can all trigger reflux. Spicy, tomato-based or citrus foods may also cause problems for some people. Smoking also increases the risk of reflux. Being overweight and having your belly fat push up on your stomach can prevent it from emptying, triggering reflux. Having a hiatal hernia (where your stomach pushes up through your diaphragm) can also cause trouble and can be diagnosed by x-ray. Eating large meals and eating before bed are two other main reasons for reflux. These are the most obvious causes, and the ones you have probably heard about. However, there are a few more that bear mentioning. Stress contributes to reflux.

Clearly, food is supposed to go down, not up, when you eat. That's why there are two main valves, or sphincters, that control food going in and out of your stomach — the one at the top (or the lower esophageal sphincter) and one at the bottom (the pyloric valve). When you're stressed, the valve on the top relaxes and the valve on the bottom tightens up. This may result in food traveling back up your esophagus. Practice active relaxation and you mitigate this problem.

Magnesium deficiency is another cause of reflux.

This is because magnesium helps the sphincter at the bottom of the stomach relax, allowing the food to go down.

Helicobacter pylori bacteria may be another cause of reflux.

While controversial, I believe that a common infection can cause not just ulcers but reflux as well. This bug is called *Helicobacter pylori* and can be identified by a simple test blood or breath test. In my experience with patients, treating the bacteria can eliminate reflux even if you don't have an ulcer.

Food sensitivities or allergies can also cause reflux.

Common culprits include dairy and gluten-containing foods like wheat, barley, rye, and oats. Plus, overgrowth of bacteria in the small bowel or yeast overgrowth in the gut can cause reflux. These are all treatable conditions that you don't need powerful acid blocking drugs to fix.

To properly diagnose the causes of your reflux, you may need to do the following:

1. Ask your doctor for an H. pylori blood antibody test or breath test.
2. Consider a test for IgG food allergies and celiac disease.
3. Get a breath or urine organic acid test to check for small bowel bacterial overgrowth.
4. If you don't get better with the following suggestions, consider getting an upper endoscopy or upper GI series x-ray to see if there is anything else wrong.

3 Steps to Permanently Overcoming Heartburn and Acid Reflux

Step 1: Treat the Bugs if You Have Them

- If you have H. pylori, treat it with triple antibiotic therapy from your doctor.
- Treat yeast overgrowth with antifungal drugs such as nystatin or Diflucan or herbs such as oregano or caprylic acid.
- Treat bacterial overgrowth in the small bowel with Xifaxin (see my blog on irritable bowel syndrome).

Step 2: Change Your Diet

- Try to eliminate dairy and gluten.
- Eliminate alcohol, caffeine, citrus, tomato-based, and spicy foods.
- Don't eat within 3 hours before bed.
- Don't eat junk food.
- Avoid processed foods.
- Eat cooked foods, like fish, chicken, cooked veggies, and rice; avoid raw food for now.
- Eat smaller, more frequent meals, at least 4 to 5 times a day.

Fried food,
alcohol, caffeine
and soda can all
trigger reflux.

Step 3: Try Some Natural Remedies to Help Soothe the Gut

- Take 2 to 3 capsules of digestive enzymes with each meal.
- Re-inoculate the gut with healthy bacteria by using probiotics.
- Try 75 to 150 mg of zinc carnosine twice a day between meals — this has been extensively studied and is used frequently in Japan.
- Take 3 to 5 grams of glutamine powder in water twice a day to help heal the gut lining.
- Try 200 to 400 mg of magnesium citrate or glycinate twice a day.

As you can see, there's no need to suffer from heartburn and reflux — or to take expensive and dangerous acid-blocking drugs. I hope the changes I've suggested here will soothe your stomach and have you feeling healthy in no time!

To your good health,
Mark Hyman, M.D.

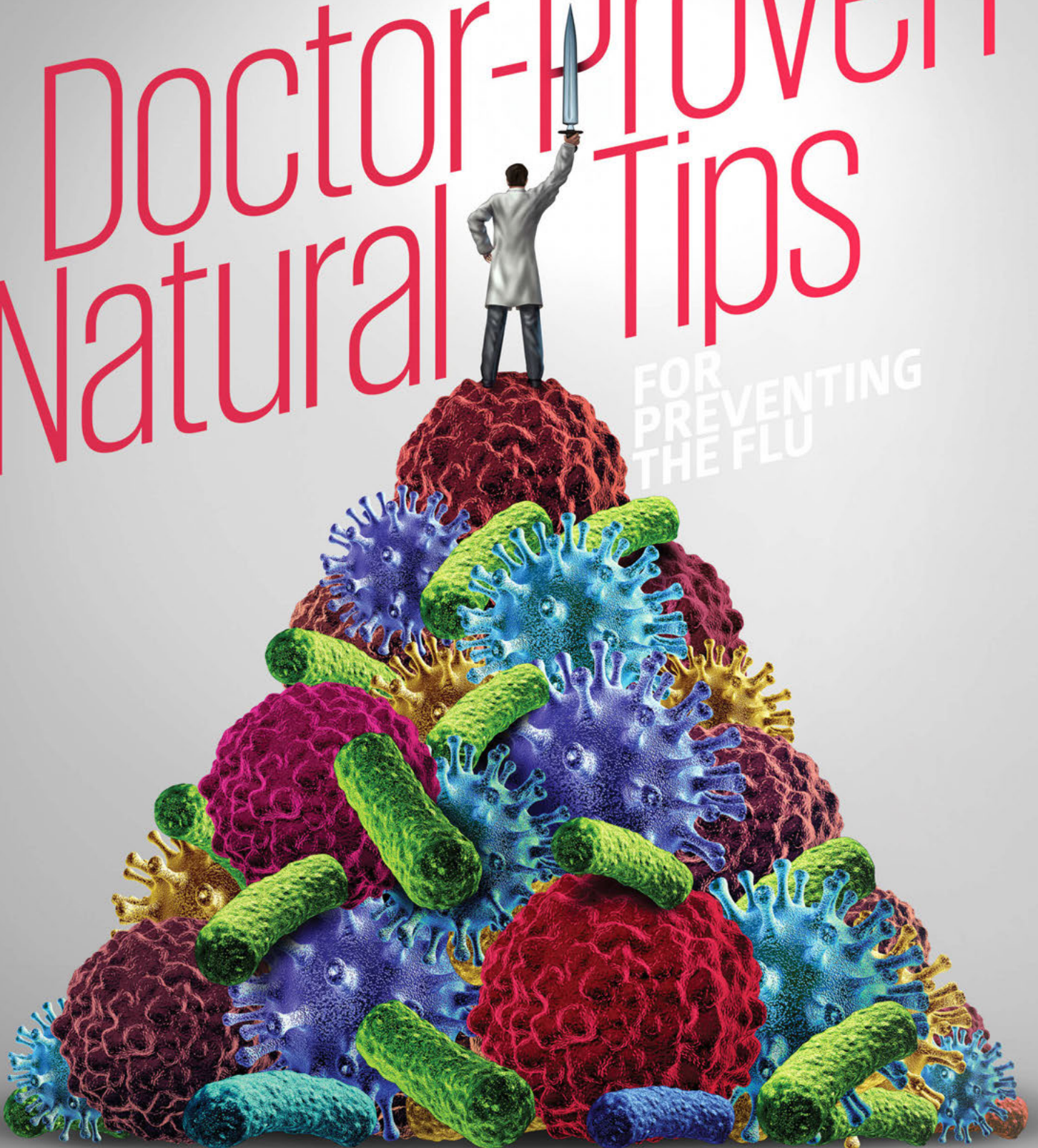
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BY AVIVA ROMM, MD

Doctor-Proven Natural Tips

FOR
PREVENTING
THE FLU



Antibacterial hand sanitizers can breed scary resistant germs and some also contain chemicals (like triclosan) that act as endocrine disruptors.

Flu “Springing Up” With a Vengeance

While the flu has usually wound down by late winter, and we certainly don’t think of spring as the usual time of year for flu, last spring the virus came on with a vengeance. If this year is anything like last, we will see an upsurge in flu cases very soon.

In 2014, in New York City alone, nearly 650 people were hospitalized for flu symptoms or complications in the first week of April. The City of Boston issued a flu advisory, and other states, including California, Connecticut, Massachusetts, New Jersey, Arizona, Maine, New Hampshire, Oklahoma, Rhode Island, Utah, and Virginia were hit moderate to hard.

The spring strain of flu was not the same one we saw over the winter. That means if you’ve had the flu already this year – or even the vaccine, which only confers about 60% immunity – you can still get sick from a different strain in the spring.

Symptoms of the flu include cough, sore throat, headache, chills, fever, and muscle aches. And it makes you feel miserable. That’s why prevention is key!

5 Doctor-Proven Natural Tips for Preventing the Flu

While pharmaceutical companies may be caught up in deceit about safety and efficacy of drugs like Tamiflu, and since the flu vaccine is only 60% effective, we really do need more of a repertoire of flu prevention than those limited options.

Natural approaches can be incredibly safe, effective, affordable, and without side-effects. My background as an herbalist for over 30 years, and one of the leaders in herbal medicine in the world, allows me to bring you information on the safest, most effective botanicals and natural strategies available. And as a doctor, these are the “medicines” and approaches I really use with my own patients (and my family, too!).

These 5 tips are safe for pretty much everyone (exceptions for pregnant moms noted below) and you can get most of the herbs and supplements at your local Whole Foods or other major health foods store, or online at Amazon or Mountain Rose Herbs.

1 - Wash hands often.

Basic hygiene and common sense go a long way! This is especially true if you’ve shaken hands with someone, have been in a public place where you’ve touched a lot of things (i.e., an elevator, the grocery shop), or you’ve been working on a shared computer keyboard (at work, the library), or have exchanged money with someone.

Washing for 20 seconds with soap and water (singing the happy birthday song takes just about 20 seconds), or using an alcohol-based hand sanitizer when you can’t get to soap and water, can significantly cut down on your risk of getting sick or bringing the flu home to your family. Please don’t use antibacterial hand sanitizers as they can breed scary resistant germs and some also contain chemicals (like triclosan) that act as endocrine disruptors.

I always try to offer a hug over a handshake whenever appropriate (even with my patients!). We can all use more hugs! And seriously, you’re much less likely to get sick that way.

Also, try to avoid touching your eyes, nose, and mouth – a common way we spread germs to our kids and us! It’s not



that easy to do – the average person touches their face a couple of hundred times per day!

2 - Eat Well!

This is a good time to cut down on the alcohol, cut out the sugar, processed foods, dairy, and packaged fruit juice – even if just for a few weeks – and make sure you’re getting plenty of good quality protein and vegetables. The stuff I’m suggesting cutting out, yes, including even the juice, is high in sugar or other ingredients that dampen down your immune system. A whole foods diet, sans dairy and sugar, is great protection against getting sick.



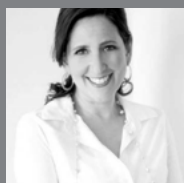
TAKE VITAMINS



ECHINACEA

3 - Get Extra Rest

If you've been burning the candle at both ends for a while, this is a really good time to give yourself permission to pause. A tired body means your immune system isn't as fired up as it could be and you're more susceptible to getting sick. Make a commitment to get at least 7 hours of sleep each night, preferably 8 hours, until the wave of the flu passes. Pass on that night out drinking, the extra hour of TV, or getting in just a little more work. Hop into bed with a good book, a cup of hot tea (just the act of sipping hot tea helps to prevent sinus infections, too!) and shut the lights early.



ABOUT THE AUTHOR

Aviva Romm, MD is a Yale-trained, Board Certified Family Physician, midwife, herbalist, and award-winning author. She is the internationally respected authority on botanical and integrative/functional medicine for women and children. Aviva combines her backgrounds to guide women in transforming their health and their lives, and do the same for their kids. Dr. Romm practices Functional Medicine at The UltraWellness Center with Dr. Mark Hyman in Lenox, MA. Visit her at her website www.avivaromm.com

4 - Take Your Vitamins

I recommend the following supplements to my patients to prevent colds and flu – during travel, or when there's a lot of illness going around. For up to 2 weeks take the following for prevention:

Vitamin D3: 5000 units/day

Vitamin A from carotenoids: 10,000 units/day

Zinc citrate: 30 mg twice daily

Vitamin C: 500-1000 mg 4 times daily.

The above doses can be modified for children 2 and over. Pregnant women should omit the vitamin A and take only 2000 mg each of Vitamin C and Vitamin D daily.

5 - Use Herbs

Herbal medicines are powerful allies for boosting immunity and preventing the flu. They are my primary go-to for health and healing along with diet, rest, and a good outlook on life. Many herbs have powerful anti-viral and immune-boosting effects, yet safe and gentle effects on your body. Herbs to consider for flu prevention include Echinacea, elderberry, astragalus, and medicinal mushrooms such as reishi and shiitake.

Here's my recommended protocol for flu prevention:

- Echinacea Liquid Extract (Herb Pharm or Gaia Herbs): 1 tsp. twice daily (yes, that much – but modify for children down to ¼ of the dose ages 2-7 years old,

and ½ the dose 8-12 years old, safe for pregnant/nursing women).

- Elderberry Syrup (Herb Pharm, Gaia Herbs, or Planetary Herbals): 1 Tbsp. 3 times daily for adults (modify as for Echinacea for children, safe for pregnant /nursing women).

- Medicinal Mushrooms: I recommend a good Reishi mushroom product, such as Reishi Mushroom Supreme by Planetary Herbals which also has shiitake mushrooms, astragalus, and a few other immune boosting herbs, Host Defense Reishi by Host Defense Organic Mushrooms, or Reishi Mushroom-Double Extracted, Organic, by Urban Moonshine – all great products.

- Also, make sure to cook with onions, garlic, turmeric, and ginger, all of which have been used historically to prevent and treat infection, and which modern science validates for antiviral and anti-inflammatory effects.

- Immune Tonic by Urban Moonshine is a fantastic immune boosting blend of Astragalus Root, Red Reishi, Codonopsis Root, Maitake, Eleuthero Root, Licorice Root, Schisandra Berry and Ginger Root – all organic. The dose is 1/2 teaspoon once or twice a day, or up to five times daily if needed, in a little warm or cold water. It's what I personally take for when I am exposed to sick office staff and patients all around me! It is not for use by pregnant women but is ok if you are nursing.

Finally, if you have symptoms of what might be the flu, stay home from work – or if it's your kids, keep them home from school.

With these tips and strategies, we all have an excellent chance of beating an upspring of flu in the months to come.

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SUPERFOOD CHALLENGE: ALMONDS VS. WALNUTS

NUTRITIONAL VALUES ARE BASED ON ONE-OUNCE PORTIONS. ONE OUNCE OF ALMONDS IS ABOUT 22 WHOLE ALMONDS, AND ONE OUNCE OF WALNUTS IS ABOUT 14 HALVES.

	ALMONDS	WALNUTS
Calories	163	486
Protein	6 grams (12% DRI)	4.3 grams (9% DRI)
Fat	14 grams (23% DRI)	18 grams (28% DRI)
Fiber	3.5 grams (12% DRI)	1.9 grams (8% DRI)
Magnesium	84 milligrams (20% DRI)	45 milligrams (10% DRI)
Phosphorous	147 milligrams (14% DRI)	98 milligrams (10% DRI)
Iron	1 milligram (6% DRI)	0.8 milligram (4% DRI)
Potassium	207 milligrams (6% DRI)	125 milligrams (4% DRI)
Zinc	0.87 milligrams (6% DRI)	0.88 milligrams (6% DRI)
Copper	0.27 milligrams (14% DRI)	0.48 milligrams (53% DRI)
Vitamin E	7.43 milligrams (35% DRI)	0.2 milligrams (2% DRI)

These days, we're all nuts for nuts due to their overwhelming health benefits, the paleo-diet and for easy-to-eat snacks on the go. But how do different nuts compare? In this Superfood Challenge, almonds and walnuts square off to see which nut is best for our health.

Lower in calories and packing a punch when it comes to nutrients like protein, fiber, magnesium, iron and vitamin E, almonds are an all-around great choice. But if it's inflammation-fighting omega-3 fatty acids you're after, walnuts are it for the win with 2.5 grams per one-ounce serving, versus zero omega-3s in the same amount of almonds.

As always, it's best to mix it up with the foods you're eating. This fights off boredom and also helps you get a well-rounded serving of a variety of nutrients.

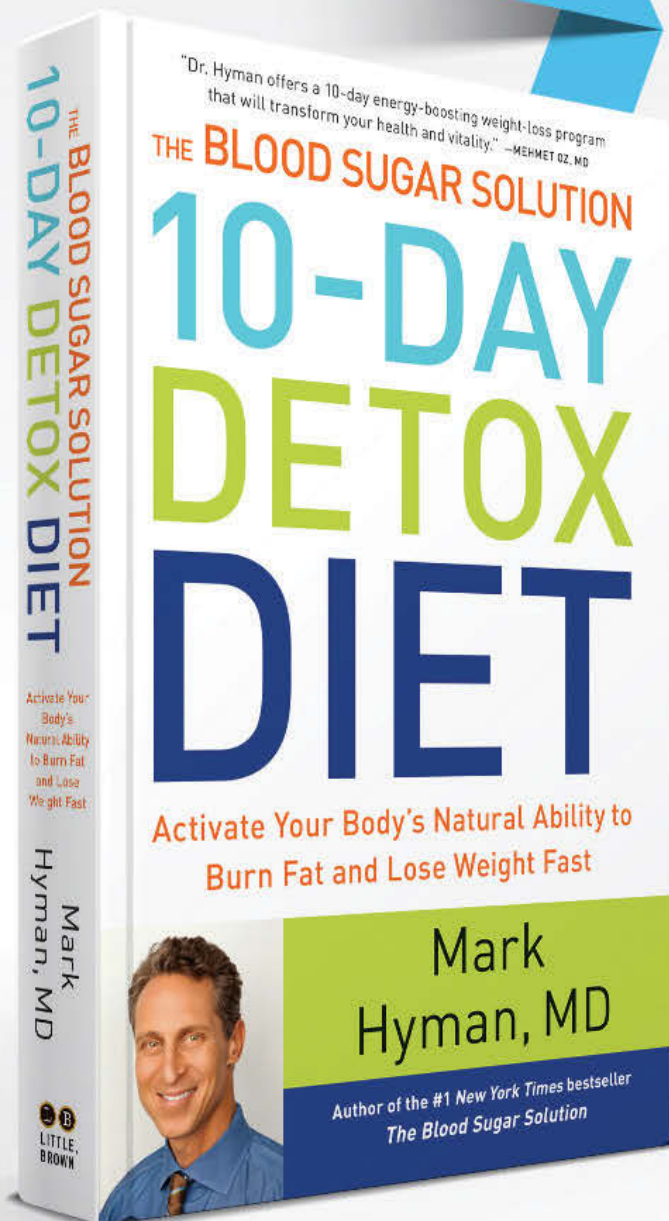


All values based on the current USDA Nutritional Database for Standard References.

This is the food education we never received from our parents, schools or doctors. You need to live a long healthy, thriving life.

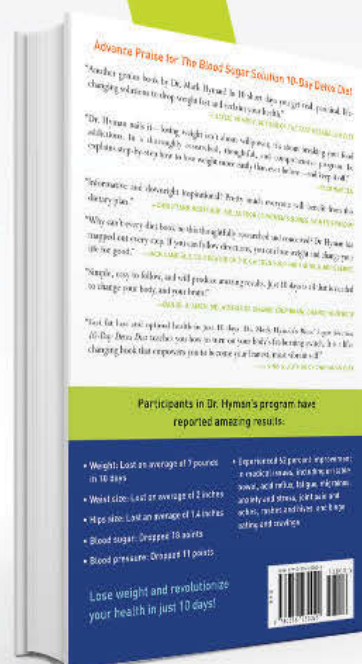
REED B.

"A WEIGHT LOSS PROGRAM THAT WILL TRANSFORM YOUR HEALTH AND VITALITY".
Mehmet Oz, MD



I would recommend this to everyone I know! The food was excellent, the exercise felt good and the relaxation techniques were absolutely wonderful! I loved the entire experience. I thought it was going to be tough, but it wasn't. ROSALVA P.

"A 10-DAY ROADMAP TO HEALTH", Arianna Huffington



My joints don't hurt, my energy is better, I feel brighter and more alert, I can breathe and I lost 10 pounds and didn't even feel hungry! My whole family is absolutely amazed. BRENDA H.

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To Self, with Love:

BY GIGI STEWART, MA

THE IMPORTANCE OF SELF CARE IN ACHIEVING OPTIMAL HEALTH

Sometimes it seems all we do in our daily life is care for those around us. Our spouse, children, aging parents, friends, organizations, charities and our job – all these joys of life can sometimes strain our schedule, leaving little time to care for our own bodies. Self-care is one of the most important facets of achieving overall optimal health.

In fact, science shows loving ourselves can lower the heart rate, reduce stress and combat inflammation in the body. Making our own well-being and health top priority each day also increases the chance we will engage in some form of daily exercise, as well as reducing the likelihood we will engage in unhealthy practices such as excessive eating and overconsumption of alcohol.

This month, be sure YOU are at the top of your Valentine's Day list. Show yourself some L-O-V-E everyday with my top tips for showing your body how much you care!

Start each day on a positive note.

Be the first person that you speak to when you get out of bed in the morning. You can make it a simple greeting when you face the mirror, "Hello, Beautiful! It's going to be a fabulous day!" or a more elaborate pep talk to motivate and inspire yourself for the day ahead.

Prepare healthy foods you love, lovingly.

Make every bite count and make every bite like you are preparing it for royalty. After all, aren't you special enough to spend a few extra minutes to make nutritious foods for yourself in a loving manner? Of course you are! Use real plates, set the table, sit down for all your meals and savor each bite.

Make time for you each day.

Whether it's your daily walk in the afternoon or a crossword puzzle before

bedtime, do something YOU love each and every day, just for you. Making time for even a 15-minute break can do wonders for your mindset and energy level.

Listen to your inner voice and heed your own advice.

You ask your spouse or your best friend for advice, but how often do you check in with YOU? You know yourself better than anyone knows you. You know your hopes, dreams, desires and wishes. Why not listen to what YOU have to say about the decisions you face on a daily basis? You may be surprised at your own inner wisdom.

Surround yourself with positive people.

Love yourself and allow others to love you. Put those people who care for you in the forefront of your life and weed out negativity. This can sometimes be challenging, especially when those negative vibes are coming from someone

close to you, like a family member, but it is essential to overall mental and physical health to weed your personal garden, keeping “weeds” (negativity) out and beautiful “blooms” (positive people, thoughts and actions) thriving.

Pay attention to your body and your health.

Just like we must check in with our mind and our heart each day, paying attention to our bodies is essential to wellness. If you feel “off” one day, pay attention to foods you are eating, environmental toxins you may be exposed to, changes in your sleep pattern or diet, etc. Paying attention to, and monitoring, small issues when they first present themselves can be key to offsetting serious health issues down the road.

Notice, the investment I am suggesting you make in YOU is an investment of time and attention. You may already be saying “Gigi, there isn’t time for all these elaborate meals and breaks in my day!”

But I am telling you there is time. You simply must gift those minutes to yourself and set your attention on what is most important to you.

A happy, healthy person is a productive person. Making your optimal health a priority each day ensures you are happy, healthy and productive. You will see your outlook brighten, your energy level rise and miraculously, the work will get done more efficiently.

About Gigi

Gigi Stewart, MA is Founder & Editor-in-Chief of **Food Solutions Magazine** and author of **The Gluten-Free Solution**, as well as Founder & CEO of **GlutenFreeGigi.com** where she shares simple to prepare gluten-free recipes and her signature Smart Nutrition Backed by Science articles to help readers achieve their health goals on a gluten-free, allergen-free diet.

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WHAT'S FOR DINNER?



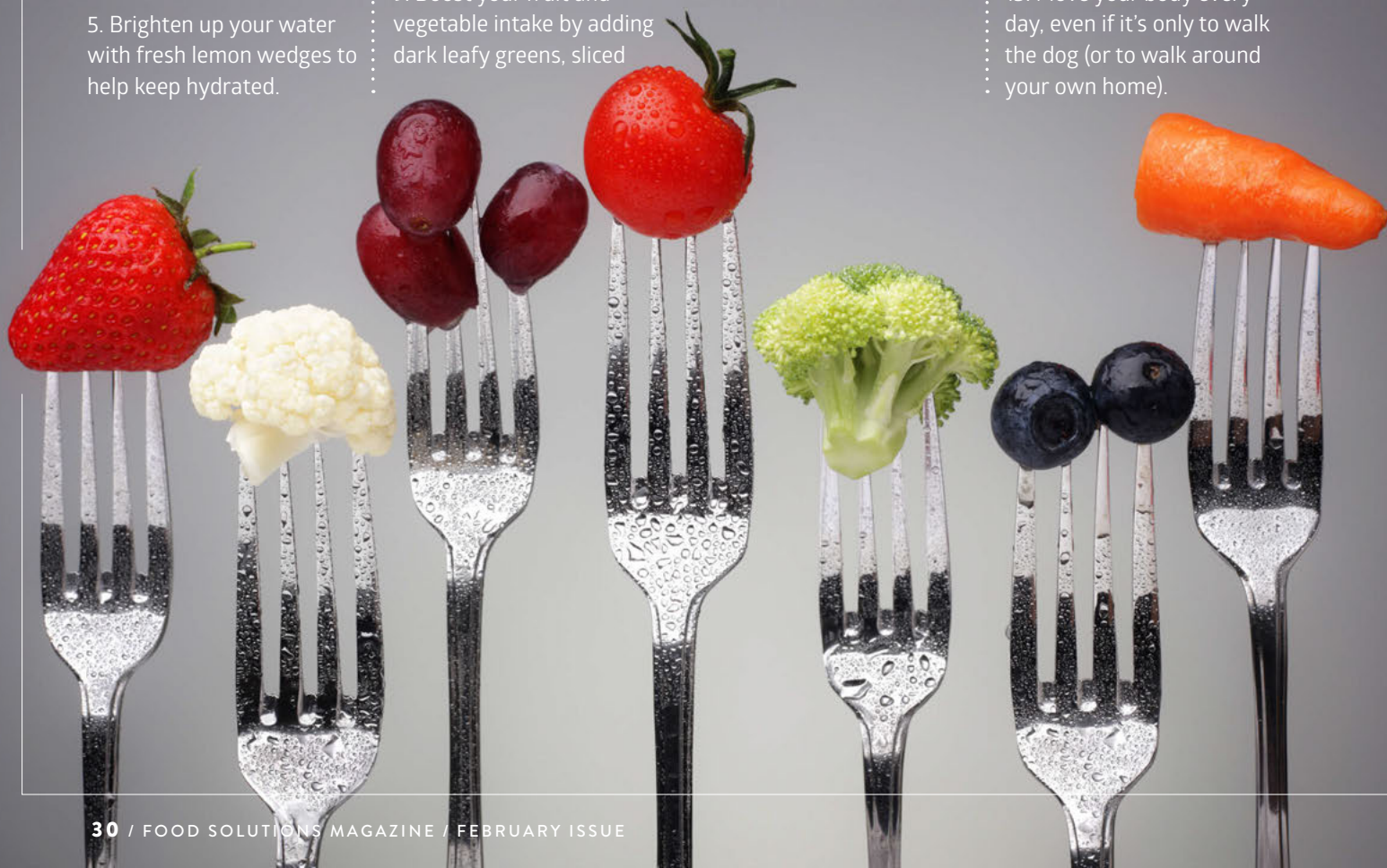
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15 Simple Nutrition Tips You Can Start Today!

1. Eat protein at breakfast to fire up your metabolism for the day.
2. Add some spice to your diet with hot sauce or other capsaicin-containing condiments to keep your appetite in check.
3. Swap vegetables "noodles" like zucchini or spaghetti squash for pasta.
4. Bump up the fiber by adding chia seeds to your morning smoothie.
5. Brighten up your water with fresh lemon wedges to help keep hydrated.
6. Fight pre-dinner hunger by snacking of fresh cut vegetables like carrot sticks, celery sticks, etc.
7. Cut the salt bloat by replacing added salt in your dishes with a squeeze of fresh lemon or lime juice.
8. If you're counting calories and fat, swap the mayo on your sandwich for mustard to save as many as 100 calories and up to 10 grams of fat.
9. Boost your fruit and vegetable intake by adding dark leafy greens, sliced tomatoes and cucumbers, spears of bell pepper and sprouts to your lunch sandwich.
10. Never snack straight from the container. Even with healthy snacks like whole almonds, it's best to portion them out into individual snack portions so you're not tempted to over-indulge.
11. Sit down to eat and be aware of the taste and texture of your food.
12. Cut the fat by using organic, low-sodium chicken or vegetable stock for sautéing vegetables.
13. If you eat yogurt for breakfast or a snack, opt for plain yogurt with no added sugar and use fresh fruit to sweeten the yogurt.
14. Replace salty, greasy potato chips with air popped, non-GMO organic popcorn for a light, gluten-free whole grain snack.
15. Move your body every day, even if it's only to walk the dog (or to walk around your own home).



EVA SELHUB, M.D.

YOUR
Health
DESTINY



How to Unlock Your Natural Ability
— to Overcome Illness, —
Feel Better, *and* Live Longer



IMPROVE YOUR HEALTH With Nature

BY EVA SELHUB, MB

"Yeah, yeah, Nature's great. I know all about it," a friend remarked to me, while perusing emails on their smart phone.

"Do you?" I asked, "Because I didn't know all about it...."

I didn't realize how "great" Nature really is until I embarked on the project of co-authoring *Your Brain on Nature* (Wiley, 2012) with Naturopath, Dr. Alan Logan. Amazingly, while I was advocating nature walks and using nature in visual imagery to achieve better health outcomes, Dr. Logan was researching the effects the advanced technology has had on our health, especially with regard to

our use of technology over use of time in nature. Delving further, we discovered the myriad of studies pointing to the incredible health benefits of nature, especially on our brain.

With this article, I hope to enrich you with information related to these findings, but more so, to open your eyes, minds and encourage you to improve your health by accessing the benefits of nature.

Did you know, that compared to 1980, we cram in an extra 4.4 hours per day of information consumption outside of work and that the human brain is wired for info-desire?

Compared to 1980, we cram in an extra 4.4 hours per day of information consumption outside of work

This means, that seeking information feels good and stimulates brain reward pathways, just like seeking nurturing food does. However, the brain can easily be stressed by trying to distinguish information that serves us versus junk, so it seeks to find the good information more. This is similar to how many of us often find ourselves seeking comfort food when we are feeling anxious or stressed.

The lure of instant screen-based information can be over-powering, just like the lure of French fries from your favorite fast food restaurant. The next thing you know, perusing the information highway on your smart phone or computer displaces health-promoting activities – exercise, meaningful social interaction, contemplation, mindful eating and being outdoors. One study claimed that 16-year downtrend in national park visits could be explained by the increase in watching movies, playing video games, internet use, along with rising oil prices.

Indeed, it is not surprising that researches are finding that there is a strong correlation with more screen time and

higher incidences of depression and anxiety, poor performance and attention deficit. In a number of studies scientists induce mental fatigue in healthy subjects via cognitively demanding tasks, and then half of the group view nature scenes, while the others view urban built scenes. Upon repeat cognitive testing, those who viewed nature scenes had improved accuracy in target detection, faster reaction time, and a higher number of correct responses to challenge and better memory recall. In research involving mentally fatigued adults, a walk (for a little less than an hour) in a vegetation-rich urban park (vs. city streets) significantly improves mental performance. Similar findings have been reported in children with attention-deficit hyperactivity disorder. Research shows that classroom, dormitory and cafeteria views to green vegetation are underappreciated factors in academic performance on standardized tests.

So in this day and age of the rising of such diagnoses as attention deficit disorder both in adults and children, as well as the aging population that needs to be concerned about keeping up cognitive functioning of their brain, it may behoove us to at least take a walk in the park, no?

This is only one example of the sort of studies that are ongoing.

Simple acts such as keeping a plant in your office, sitting by a window, or having a scene of nature that you can gaze at every now and then, have also been found to be associated with better health.

What I would like you to do is conduct an experiment for yourself.

Spend more time in nature—garden, go for walks, stare out the window, buy some new plants and nurture them... Make an effort to do this at least for a few days and see if your energy level or mood improve. Conversely, though I am not advocating this, you can notice how you feel after a day or two of nature deprivation—like not leaving your house or office, staying glued to the computer, smartphone or TV.

For now, I am putting on my boots and going to stomp around in the snow for a bit!

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Learn more about Dr. Selhub at www.drselhub.com.

**Spend more time in nature—
garden, go for walks, stare
out the window, buy some
new plants and nurture them**

Seeing Red:

RED FOODS FOR YOUR HEALTH

BY ROBYN PUGLIA, FdSc DipION mIFM mBANT

Red Foods with Beneficial Phytonutrient Compounds

Apples
Beans (Adzuki, Kidney, Red)
Beets
Bell pepper
Blood oranges
Cranberries
Cherries
Grapefruit (pink)
Goji berries
Grapes
Onions
Plums
Pomegranate
Potatoes
Radicchio
Radishes
Raspberries
Strawberries
Sweet red peppers
Rhubarb
Rooibos tea
Tomato
Watermelon

Red foods are loaded with phytonutrients that may help to reduce the risk of certain cancers, as well as supporting our skin, liver, brain, heart and immune system.



IT SEEMS LIKE THE gastronomic excess of Thanksgiving and Christmas has barely finished, and Valentine's Day products start popping up in stores.

Food is heavily tied to expressions of love, and Valentine's Day brings with it visions of romantic dinners, chocolate candy and shades of pink and red. What you may not know is that as well as romance, foods in shades of red can actually be good for more than just your emotional heart. Eating foods with lots of color, is a great first step to take to ramp up the nutrient value of your meals. That's because the color pigments in plant foods contain natural compounds called phytonutrients or phytochemicals. These compounds are powerful defenders of health.

As well as providing taste and smell, phytonutrients have very potent activity in the human body when consumed. Some of these include improving cardiovascular health, stimulating the death of cancer cells and helping to promote healthy hormones. Phytonutrients come in lots of different colors, but as we approach February 14th, let's take a look at RED foods that can fire up a healthy diet and contribute to our overall wellbeing.

Let's look at a couple of phytonutrients in more detail!

Lycopene

Lycopene is a red phytonutrient widely known to have multiple health benefits, including reducing the risk of prostate cancer, increasing sun-protection in the skin and being heart-protective.

Lycopene is found in pink grapefruit, watermelon and guava, but it is best known and abundantly found in cooked tomato products such as tomato soup, tomato paste, ketchup and passata. Lycopene is fat soluble, so for best absorption, drizzle a little olive oil over your tomato soup, and nibble some coconut with your breakfast ruby grapefruit.

Anthocyananins

These fabulous plant chemicals are responsible for many great health benefits, such as reducing cancer risk, and protecting the heart and the brain. They are found in red berries such as raspberries, cherries and strawberries plus a variety of other foods like red apples, beets, red onions, red cabbage and red beans such as kidney beans.

There is a long list of red foods that contain these any many more phytonutrients. Pomegranate contain Ellagic Acid, which is great for the liver. Red grapes and red apples contain Fusetin which has anti-aging and anti-inflammatory properties, and the list goes on.

As well as including more of these foods as primary ingredients to our meals, I also

These compounds have the following benefits when added to the diet regularly:

Anti-cancer
Anti-inflammatory
Cell protection
DNA health
Immune health
Prostate health
Vascular health

This list of Red Food Compounds is Courtesy of The Institute for Functional Medicine

Anthocyanidins
Astaxanthin
Carotenoids
Ellagic Acid
Ellagitannins
Fisetin
Flavones
Flavonols
Flavan-3-ols
Flavanones
Luteolin
Lycopene
Proanthocyanidins
Quercetin

highly recommend using red foods to color food naturally, instead of using food dye or food coloring.

Eliminating red food coloring is important, as it is associated with adverse health symptoms such as hyperactivity, skin rashes and anxiety. These artificial colors can also have a significant negative impact on digestion, due to their blocking digestive enzymes, which can mean that it may take more than eight hours to break down food we eat, instead of a healthy (and more normal) two hours.

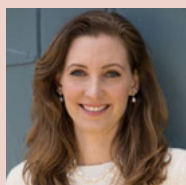
Use beets or beet juice to color cake (such as red velvet cake – it also makes it super moist!) or icing, and opt for berries or freeze dried berries to colour meringue, home-made truffles, fruit dip and frozen popsicles.

Tips for adding More Red Foods to Your Diet

- Add red foods to liven up a green salad. Try fresh tomatoes, goji

berries, raspberries, pomegranate seeds, or pink grapefruit sections.

- If you eat pasta, use tomato-based red sauces instead of a white sauce to increase your lycopene.
- Make a Mediterranean salad with tomatoes, olives, garlic, herbs, and feta cheese.
- Prepare salsa using chopped tomatoes, chopped red onions, sweet red pepper and some red chili pepper for warmth.
- If you make or drink juice, try (fresh) blood orange, grapefruit, and/or guava juice.
- Snack on watermelon slices, raspberries, cherries, strawberries, and apple slices with a handful of nuts.
- Roasted beets are delicious, can be made in a large tray and kept in the fridge to add to soups, salads, chili or reheated as a side dish during the week.
- Choose red versions of your usual choices. Grab red onion instead of yellow, red cabbage instead of white, red grapes instead of green and pink grapefruit instead of yellow.



ABOUT THE AUTHOR

Robyn is a Clinical Nutritionist with a specialised interest in the Functional Medicine approach to health. Robyn is very involved with the field of Coeliac Disease, Gluten-Reactive Disorders and Autoimmune Disease. Her passion for the healing power of food, has led her to work with complex cases, involving multiple diagnoses, and chronic health issues such as ME, auto-immune diseases and fibromyalgia. Learn more about Robyn and her practice at www.robypuglia.com





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Restoring Health. Reclaiming Lives.



This month it's all about Valentine's Day! Our team of expert chefs have gathered a red hot collection of dishes you're going to love sharing with your family and friends. From savory dishes that show the versatility of chicken and warm you to the bone on a cold winter's night to sweet treats to suit everyone's tastes, you won't believe how easy it really can be to eat gluten-free!

You'll be surprised at how decadent healthier treats like Paleo Red Velvet Cakes and sweet Valentine Candies can taste! The best part is, you can serve these to your family and no one will ever know they are better for you.

So, this month, turn the pages, gather those grocery items and get in the kitchen for some gluten-free fun!

Rosy Roasted Beetroot Soup

The perfect appetizer for your Valentine's Day dinner, this rosy beetroot soup will surprise you with its rich, bright flavor. Serve it with slices of toasted gluten-free bread with butter and a dollop of sour cream.

INGREDIENTS

- **½ tablespoon oil** (avocado, coconut or olive oil are excellent choices)
- **½ cup onion**, diced
- **4 small beets, roasted***, peeled and cubed
- **4 cups chicken stock** (substitute vegetable stock if desired)
- **1 ½ cups milk** (dairy- or plant-based milk)
- **1/2 teaspoon salt**
- **Fresh ground black pepper**, to taste
- **Fresh flat leaf parsley or cilantro**, optional garnish
- **Sour cream**, optional topping

DIRECTIONS

*Roast the beets by rubbing them lightly with oil and placing on a baking tray and roasting in a preheated 400F

oven until tender, about 30 minutes. When beets are cooked and cooled, use a paper towel to rub off the skin. Discard skin, cube beets and set aside.

In a 2-quart saucepan, warm oil over medium-high heat and sauté onion until tender, about 7 minutes.

Add beets, 3 cups of stock, milk, salt and pepper to the saucepan with the onion. Use an immersion blender to puree the mixture until smooth.

Cook over medium heat until soup is heated through, but not boiling. Adjust seasonings to taste, then pour into serving bowls, garnish with parsley or cilantro and a spoonful of sour cream if desired. Serve immediately.

Makes 4 servings.



Chicken Fajitas with Jicama Rounds

BY LISI PARSONS

INGREDIENTS

- 4 boneless chicken breast
- 8oz canned diced tomatoes
- 1 cup red and green peppers, sliced
- 1 cup yellow onions, sliced
- 1 large avocado, cubed
- 2 large jicama rounds
- 2 tablespoons fresh cilantro, chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 4-6 small multicolored peppers
- 4-6 green onions, for garnish
- 4 tablespoons ghee



DIRECTIONS

1. Add chicken breast, diced tomatoes, coriander, cumin, black pepper and sea salt to a slow cooker and cook on low for 5 hours until chicken is cooked completely.
2. Once chicken is fully cooked, sauté peppers and onions in ghee until slightly soft.
3. Char small peppers and green onions slightly on a grill or in oven.
4. Peel and slice jicama into thin rounds.
5. Serve jicama rounds topped with chicken, vegetables, cubed avocados and cilantro.

Recipe Yields:

4 servings

Active Time:

45 minutes

Jicama, an edible tuberous root, is also called Mexican Yam or Mexican Turnip.



Chicken with Confit Pancetta & Figs

BY LISI PARSONS

INGREDIENTS

- 8 chicken drumsticks
- 1 cup pancetta
- 2 cups figs, each cut in half
- 1 medium shallot, sliced into thin rounds
- 2 tablespoons fresh rosemary, chopped
- 1 teaspoon black pepper
- 1 teaspoon sea salt
- 4 tablespoons ghee
- ½ cup chicken broth



DIRECTIONS

1. Preheat oven to 300F.
2. Place drumsticks in Dutch oven and pour in chicken broth.
3. Sprinkle remaining ingredients over drumsticks and add ghee on top of chicken.
4. Allow to cook undisturbed for three hours or until chicken is fully cooked.

Recipe Yields:

4 servings

Active Time:

20 minutes



Piccata is a method of preparing meat that originated in Italy with veal piccata. Chicken piccata is the most popular variation in the US.



Recipe Yields:

5 servings

Active Time:

20 minutes

Slow Cooked Chicken Piccata

Capers are pickled flower buds from the caper bush, *Capparis spinosa*.



INGREDIENTS

- 8-10 chicken drumsticks and thighs
- 2 cups fresh squeezed lemon juice
- 10 oz capers
- ½ cup dry white wine (optional)
- 3 tablespoons ghee
- 1 teaspoon black pepper
- 1 teaspoon sea salt

DIRECTIONS:

1. If using a slow cooker simply place all ingredients into appliance and cook on low for 5-6 hours.
2. If using Dutch oven preheat oven to 300F.
3. Place all ingredients in Dutch oven.
4. Allow to cook undisturbed for three hours or until chicken is fully cooked.

Jazz



Up Flour A.M. Oats

If you're able to consume certified gluten-free oats, then you're in for a real treat! Winter is the perfect time to perfect your morning bowl of oatmeal. Using different flavors, textures and colors will excite your eyes, as well as your palate and start those otherwise gray winter days off in the brightest way!

Give these A.M. Oat Bowls a try! For each one, begin with ½ cup certified gluten-free oats prepared with 1 cup water or milk* of your choice. Then, use the recipes below to create winning flavor combinations.

Each recipe serves 1.



ALMOND JOY OATMEAL

To prepared oats add:

- 2 teaspoons cocoa powder
- 2 teaspoons pure maple syrup,

honey or other sweetener of choice (adjust quantity to suit your tastes)

- 1 teaspoon coconut oil
- Pinch of salt
- 1 Tablespoon toasted chopped almonds*
- 1 teaspoon mini chocolate chips
- 1 teaspoon unsweetened dried, flaked coconut

Stir in cocoa, sweetener of choice, coconut oil and salt, then top oats with almonds, chocolate chips and coconut.



CINNAMON BUTTER PECAN OATMEAL

To prepared oats add:

- 1 teaspoon ground cinnamon
- 1 - 2 teaspoons light brown sugar
- Pinch of salt
- 1 Tablespoon pecans, chopped and toasted in 1 teaspoon butter*

Stir cinnamon, sugar and salt into oats, then top with toasted buttery pecans.



BANANA BREAD OATMEAL

To prepared oats add:

- ½ ripe banana, sliced thin
- ¼ teaspoon ground cinnamon
- Pinch of nutmeg
- Pinch of salt
- ½ Tablespoon walnuts*, chopped

Stir cinnamon, nutmeg and salt into oats, then gently fold in banana slices and top with walnuts.

* Substitutions for dairy and nuts:

- For dairy-free, use plant-based milk and butter substitute where applicable.
- For nut-free, use toasted pumpkin seeds or sunflower kernels instead of nuts where called for.



01

Gimbal's Fine Candies If you're looking for some fantastic non-chocolate Valentine's Day candy treats, look no further than Gimbal's allergen-free candies. Gourmet jelly beans, chewy sour candies, cinnamon lovers chews and more are waiting for you and they are all gluten-free as well as free from dairy, soy, peanuts, tree nuts, eggs and high fructose corn syrup. Check out the sweet stuff at Gimbalscandy.com!



02

Pompeian Pure Oil Sprays I love finding new conveniences that do not require me to sacrifice my health. That's the case with Pompeian Pure Oil Sprays. Give up aerosol cooking sprays with all the junk ingredients and grab a bottle of this next time you're at the market. I love the grape seed, coconut and avocado oil varieties! Check them out [here](#)!

03



Hoosier Hill Farm Beet Powder

Just when you think you've tried it all, you find a company like Hoosier Hill Farm and you take a step back! I am head over heels for their beet powder. If you've longed for all the red velvet delights that are popular this time of year (and during Christmastime) but loathe the idea of using Red #40 as much as I do, go ahead and jump for joy because this beet powder is your new best friend in the kitchen! Learn more about HHF beet powder and all their other fine products at Hoosierhillfarm.com.

04



Cosmos Puffed Corn Snacks For a most unique snacking experience, you must try Cosmos Creations Puffed Corn Snacks! My top pick is the Sriacha, but there are lots of flavors from which to choose, including Sea Salt & Butter, Sea Salt & Vinegar, Aged Cheddar & Black Pepper, and even sweet versions such as Salted Caramel and Coconut Crunch! These puffed corn snacks are all kernel-free, gluten-free, non-GMO and amazing! Learn more about Cosmos Creations [here](#).

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STRAWBERRY

Valentine Truffles

BY LISI PARSONS



Surprise your sweetheart with these delicious strawberry truffles, filled with healthy ingredients and so simple to make!

INGREDIENTS

- 2 tablespoons coconut flour
- 2 tablespoons finely shredded coconut
- 1/3 cup vanilla protein powder
- 1/2 cup freeze dried strawberries
- 2/3 cup coconut butter, softened
- 1 teaspoon coconut oil, melted

DIRECTIONS

1. Mix strawberries and protein powder together in blender or food processor.

2. Mix in coconut flour and shredded coconut and combine.

3. Roll mixture into six balls and place in refrigerator for 15-20 minutes to harden.

4. Mix together coconut butter and coconut oil and coat each truffle.

5. Return to refrigerator for 15-20 minutes to allow coating to harden.

Recipe Yields:

6 Servings

Active Time:

20 minutes

CHOCOLATE *Macadamia Cups*

BY LISI PARSONS

INGREDIENTS

- $\frac{3}{4}$ cup macadamia nut butter
- 4 tablespoons coconut oil, melted
- $\frac{1}{3}$ cup cacao powder

DIRECTIONS

1. Mix 2 tablespoons coconut oil with macadamia butter.
2. Mix 2 tablespoons coconut oil with cacao powder and allow to slightly solidify.
3. Place a small amount of macadamia mixture in bottom of silicon mold and place in freezer until solid (about 20 minutes).
4. Add a small amount of cacao mixture to each silicon mold and return to freezer for 10 minutes.
5. Remove from freezer and add more macadamia butter mixture to cover cacao mixture.
6. Return to freezer for another 15 minutes or until solidified.
7. Store any leftovers in refrigerator.
8. When ready to eat, allow cups to remain at room temperature for 5-10 minutes.

A healthy and delicious recipe with zero added sugar, you will feel good about serving this candy to your little Valentines.



Recipe Yields:

6 servings

Active Time:

20 minutes

PALEO-FRIENDLY

Valentine's Day Candy

BY LISI PARSONS

The perfect gluten free and paleo approved Valentine candy. With zero added sugar and only natural ingredients, these will be a hit at all of your Valentine's Day parties.

INGREDIENTS

- **2/3 cup coconut butter**, softened
- **1 tablespoon coconut oil**, softened
- **1/8 cup unsweetened finely shredded coconut**
- **2-3 teaspoons cacao powder**, for chocolate candies
- **6 drops vegan red food coloring**, for red candies

Special Equipment:

Plastic candy molds in heart or other Valentine's Day themed shapes.

DIRECTIONS

1. Combine coconut butter and coconut oil in a blender or food processor and transfer to a large bowl.
2. Fold in shredded coconut by hand and mix in either the cacao powder or red food coloring.
3. Add to candy molds or silicon muffin tins and place in refrigerator for 30 minutes to allow candy to harden completely before removing from candy molds.
4. When you are ready to enjoy, simply allow candy to remain at room temperature for 5-10 minutes.
5. Store any leftovers in an airtight container in the refrigerator until ready to enjoy.



Recipe Yields:

12 servings

Active Time:

20 minutes

FESTIVE Red Velvet Cakes

BY LISI PARSONS

INGREDIENTS

- 3 medium sized red beets oven roasted and mashed*
- 1/2 cup coconut flour
- 1 cup macadamia nut flour or almond flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup cacao powder
- 1 teaspoon cayenne pepper (optional)
- 2/3 cup coconut oil, melted
- 2 whole eggs at room temperature (for vegan option: 2 flax eggs or chia eggs)
- 1/2 cup organic canned coconut milk at room temperature
- 1/3 cup mini chocolate chips or cacao nibs
- 1 cup coconut butter frosting (recipe on following page)
- 10 drops all-natural vegan red food coloring*

DIRECTIONS

1. Preheat oven to 375F.
2. Coat Whoopee/Cookie Pie pan with coconut oil.
3. In one bowl combine coconut flour, almond flour, baking powder, baking soda, sea salt, cacao powder, cayenne pepper and chocolate chips (or cacao nibs).
4. In another bowl combine mashed beets, coconut oil, eggs and coconut milk.
5. Mix wet and dry ingredients together and stir to combine.
6. Fill each cookie tin with batter
7. Bake 15-18 minutes or until cakes are just set.
8. Remove from oven and allow to completely cool before adding coconut butter frosting.

**All natural foods vary slightly in color so it may be necessary to add vegan chemical free red food coloring to achieve a bright red.*

The perfect Valentine's Day treat, Red Velvet Cake, just got healthier! This recipe contains no artificial dye and calls for only all-natural ingredients that will definitely add some festive sizzle to your holiday!

COCONUT *Butter Frosting*

Use this creamy sweet frosting for all your cakes and cupcakes. For Valentine's Day, we especially love it on Chef Lisi's Red Velvet Cakes.


INGREDIENTS

- 1.5 cups coconut butter, softened
- 2 tablespoons honey or maple syrup
- 3/4 cup coconut cream
- 1/2 cup coconut flakes

DIRECTIONS

1. Place all ingredients except coconut flakes in a bowl and mix well with hand blender until smooth.
2. Gently fold in coconut flakes.
3. Use immediately or store leftovers in refrigerator.



A cupcake with white frosting and shredded coconut sits in the upper left. In the foreground, a slice of a coconut dessert, possibly a coconut cake or bread, is shown with a thick, dark chocolate filling. Both are on a light-colored wooden surface.

A creamy,
dreamy coconut
dessert that will
make everyone
fall in love.
Made with a very
easy homemade
chocolate recipe
and no added
sugar, this will
soon become
your favorite
healthy dessert!

CHOCOLATE SURPRISE

Coconut & Cups

BY LISI PARSONS

INGREDIENTS

- 3/4 cup coconut butter softened
- 3 tablespoons coconut oil melted
- 1/4 cup desiccated coconut
- 1/2 cup crushed macadamia nuts
- 2 tablespoons cacao powder
- Silicon cupcake molds

DIRECTIONS

1. Soften coconut butter by placing in food processor or blender and add 1 tablespoon coconut oil.
2. Stir in desiccated coconut and crushed macadamia nuts.
3. In a separate bowl, mix together remaining 2 tablespoons coconut oil with cacao powder and place in refrigerator for about 5 minutes or until just slightly hardened.
4. Add a little of the coconut butter mixture to a silicon cupcake mold and place in refrigerator until hard.
5. While mixture is hardening, scoop out some of the cacao mixture by 1/2 teaspoonful portions and roll into a ball and place on parchment paper and return to refrigerator until slightly hardened.
6. Once coconut butter that you put in silicon molds has hardened, remove from refrigerator and add the cacao balls to the center of the mold and press down gently with your finger and then add enough coconut butter mixture to cover cacao balls.
7. Sprinkle with desiccated coconut and return to refrigerator to harden.
8. When ready to eat, take out of refrigerator and allow to come to room temperature, about 5-10 minutes.

*Recipe Yields:**6 servings**Active Time:**20 minutes*

This is a fun and delicious sweet treat, which is quick and easy to prepare. Be aware, you may need to make a second batch to share with your sweetie or your bestie, because they are addictive!!

CHOCOLATE *Pomegranate* BURSTS

BY ROBYN PUGLIA

INGREDIENTS

- **1 cup of pomegranate seeds**, or the seeds from a single medium pomegranate.
- **1 cup of organic, dark chocolate buttons of your choice**
- **Dried pomegranate powder** (from Amazon or a health store)

DIRECTIONS

1. Line a mini muffin pan with paper liners.
2. Melt chocolate using a bain-marie or microwave.
3. Line the bottom of the mini-muffin papers with a little chocolate.
4. Spoon in some pomegranate seeds, and then spoon chocolate over the top to smother the seeds and drizzle down.
5. Sprinkle dried pomegranate powder over the top before the chocolate sets.
6. Repeat until all 12 sections of mini muffin pan are filled and all ingredients are used.
7. Refrigerate overnight before serving.

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HOW TO
MAKE ELEGANT

Chocolate Covered Strawberries



Chocolate covered strawberries are right up there with red roses in the romantic Valentine's Day gift department! With this simple how-to, you can make a tray of indulgent chocolate covered berries to share with your Valentine!

INGREDIENTS

- **1 cup gluten-free chocolate chips**
(like Enjoy Life Foods mini chocolate chips, which are also free from the top eight food allergens)
- **½ teaspoon vegetable shortening**
(like Spectrum Organic Vegetable Shortening made from palm oil)
- **1 pound fresh strawberries, washed & dried**, (leave on the green caps) – be sure berries are completely dry before dipping in chocolate; the number of berries you use will vary depending up on the size

DIRECTIONS

After berries are washed and dried completely, line a large cookie sheet with wax paper. This is where you will place dipped berries.

In a microwave safe bowl, combine chocolate chips and shortening. Heat 30 seconds on high, stir, then heat in 10-second increments until chocolate is just melted. Overheating will cause chocolate to seize.

Dip berries one at a time, holding them by the green cap and submerging in the chocolate to coat almost up to the top, leaving a hint of the red flesh exposed beneath the cap.

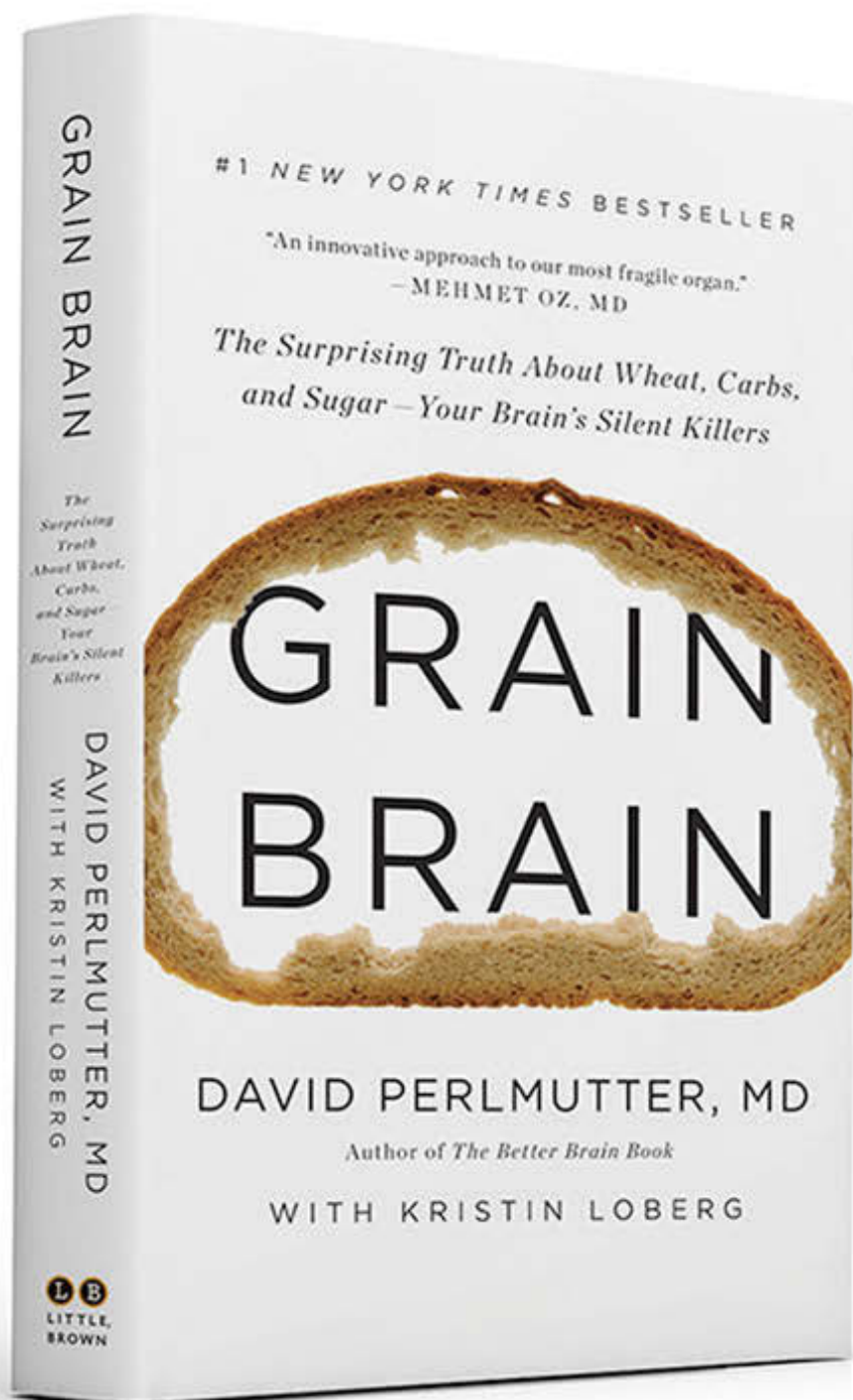
Allow excess chocolate to drip off into the bowl, then transfer each berry to the wax paper lined pan, leaving about 1 ½ inches of space between each berry.

Repeat until all berries are used.

Once all berries are dipped, place the pan with berries on it in the refrigerator for about 20 minutes, until chocolate is completely hardened.

If you have some chocolate left over, you can take a spoon and drizzle it over the dipped berries once their outer coating is dried to create a drizzle design.

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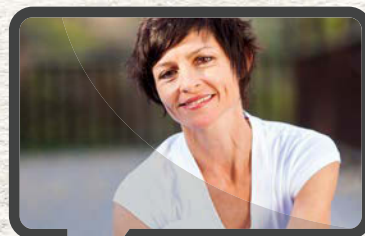
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BY CHEF SUSAN VESS

Romantic Red Velvet Cupcakes

**CHEF'S TIP: HOW TO MAKE BEET PURÉE**

Roast or boil beets until very tender or buy plain (not pickled) pre-cooked canned or frozen beets. Puree in a food processor or blender until smooth.

INGREDIENTS

- **1 cup gluten-free all-purpose flour**, blend of choice
- **½ cup unsweetened cocoa powder**
- **1 teaspoon xanthan or guar gum** (omit if in your flour blend)
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **¼ teaspoon salt** (omit if in your blend)
- **¾ cup beet puree** (see below)
- **¾ coconut sugar**
- **½ cup liquid coconut oil**
- **¼ cup unsweetened coconut or nut milk** (I recommend hazelnut milk)
- **1 teaspoon apple cider vinegar**
- **½ teaspoon pure vanilla extract**
- **2 large eggs or flax eggs***


DIRECTIONS

1. Preheat oven to 350F. Line a muffin pan with paper liners
2. Whisk together flour, cacao, xanthan gum, baking powder, baking soda and salt.
3. In the bowl of a mixer, combine beet puree, sugar, oil, milk, vinegar, vanilla and (flax) eggs. Using the paddle attachment, thoroughly blend ingredients on medium speed, about 1 minute. Turn to low and slowly add the dry ingredients, mixing until all ingredients are incorporated. Do not over-mix.
4. Evenly distribute batter into prepared pan, filling each cup about ¾ full.
5. Place in preheated oven and bake 17 to 20 minutes or until a toothpick inserted into the center of the center cupcake comes out clean. Cool on a wire rack before topping with your favorite frosting.

****To make flax eggs:***

Combine 2 tablespoons flax meal with 6 tablespoons hot water. Let sit 5 minutes until thickened. Then add to wet ingredients.

For more from **Chef Susan Vess**, visit her website at **www.specialeats.com**



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Sugar Solution

I need a healthy and tasty solution for breakfast. The problem is, I eat yogurt every morning, and I want to continue doing so, but I need to cut out some of the sugar in the flavored variety I buy. I looked at labels recently after making a New Year's resolution to cut back on my sugar intake and realized my "healthy" yogurt contains 12 grams of sugar per serving! I love the fruit flavors, but I need something with much less sugar. ~ **Bored with Breakfast**

Dear Bored with Breakfast, Make the switch to plain yogurt then add your own low-sugar fruit. The best options for low-sugar fruits are raspberries and blackberries, followed by strawberries, blueberries and peaches. To extract the natural sweetness of the berries, warm them in a skillet until the break down slightly and lose a bit of their juices, and become a bit syrupy. Cool, then top your yogurt with the fruit for a healthier, lower sugar alternative.

Snack Success

I need healthy snacks that are simple to make for my young

children. When they come home from school, they seem famished and they tend to turn to salty or sugary foods. We're trying to make a change to a healthier way of eating, but we have multiple food allergies (nuts and dairy) and two with celiac so our entire household is gluten-free. Help! ~ **Snack Attack Mom**

Dear Snack Attack Mom, One of the top snacks for starving kiddos (or adults) is a healthy dose of lean protein. It satisfies hunger, balances blood sugar and helps us feel full and satisfied longer than those salt and sugar laden snacks most kids crave. Try lean baked or grilled chicken strips, nut-free seed spread (like sunflower seed butter) on gluten-free whole grain crackers, or a protein powder smoothie made with allergen- and gluten-free protein powder, dairy-free milk and frozen fruit of choice. The kids will think it's a milkshake and you'll feel great knowing it's good for them!

Getting out of a Sticky Situation

I make gluten-free muffins for my husband to take for

snacks at work. I make a batch on the weekend, then store them in the fridge so that he can grab and go on work days. The problem is, all my muffins stick! I am using paper muffin liners that I get at the local craft store or grocery store. What am I doing wrong?? ~ **Muffin Madness**

Dear Muffin Madness, It may not be you. It could be the type muffin papers you use. Some of the papers sold in craft stores, while adorable to look at, have dyes that affect how muffins bake. Instead, do yourself a favor and pick up some all-natural parchment paper liners and you'll never be in this sticky situation again!

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Pretty in Pink

VALENTINE
CUPCAKES



To make the cupcakes from our cover, whip up a batch of gluten-free vanilla cupcakes, frost them as you like, add a few sprinkles, and top with allergen-friendly heart shaped candies like those from Chef Lisi Parsons on page 52.

INGREDIENTS

- 1 ½ cups King Arthur Multipurpose Gluten-Free Flour Blend
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup + 2 Tablespoons butter*
- ¾ cup granulated sugar
- 2 eggs, lightly beaten
- ½ cup milk*
- 1 teaspoon pure vanilla extract
- 1 canister Betty Crocker Whipped Vanilla Frosting (or other gluten-free brand, or your favorite homemade recipe)
- Sprinkles, if desired
- Heart-shaped candies like those on page 52

Makes 12 cupcakes.

DIRECTIONS

1. Preheat your oven to 350F and line a 12-section cupcake pan with festive paper liners.
2. Combine dry ingredients in a mixing bowl and whisk to combine.
3. In the bowl of your stand (or electric) mixer, cream butter and sugar until light and fluffy and slightly paler in color.
4. Add eggs to butter/sugar mixture and mix until combined.
5. Add vanilla to the milk, then add milk/vanilla mixture to the butter/sugar mixture alternately with the dry ingredients, beginning and ending with the milk mixture.
6. Mix on low speed to combine, then for 1 minute on medium speed.
7. Divide batter evenly between the 12 sections of the prepared pan and bake approximately 15 minutes, until the cakes test done when a toothpick is inserted in the center (the toothpick will come out clean, with no batter or moist crumbs).
8. Cool cupcakes in the pan for 10 minutes before transferring to a wire rack to cool completely before frosting.
9. Frost as desired, then decorate with sprinkles and heart-shaped candies.

**For dairy-free, substitute an equal amount of dairy-free butter substitute for the butter and an equal amount of dairy-free milk for the milk called for and follow recipe as directed.*



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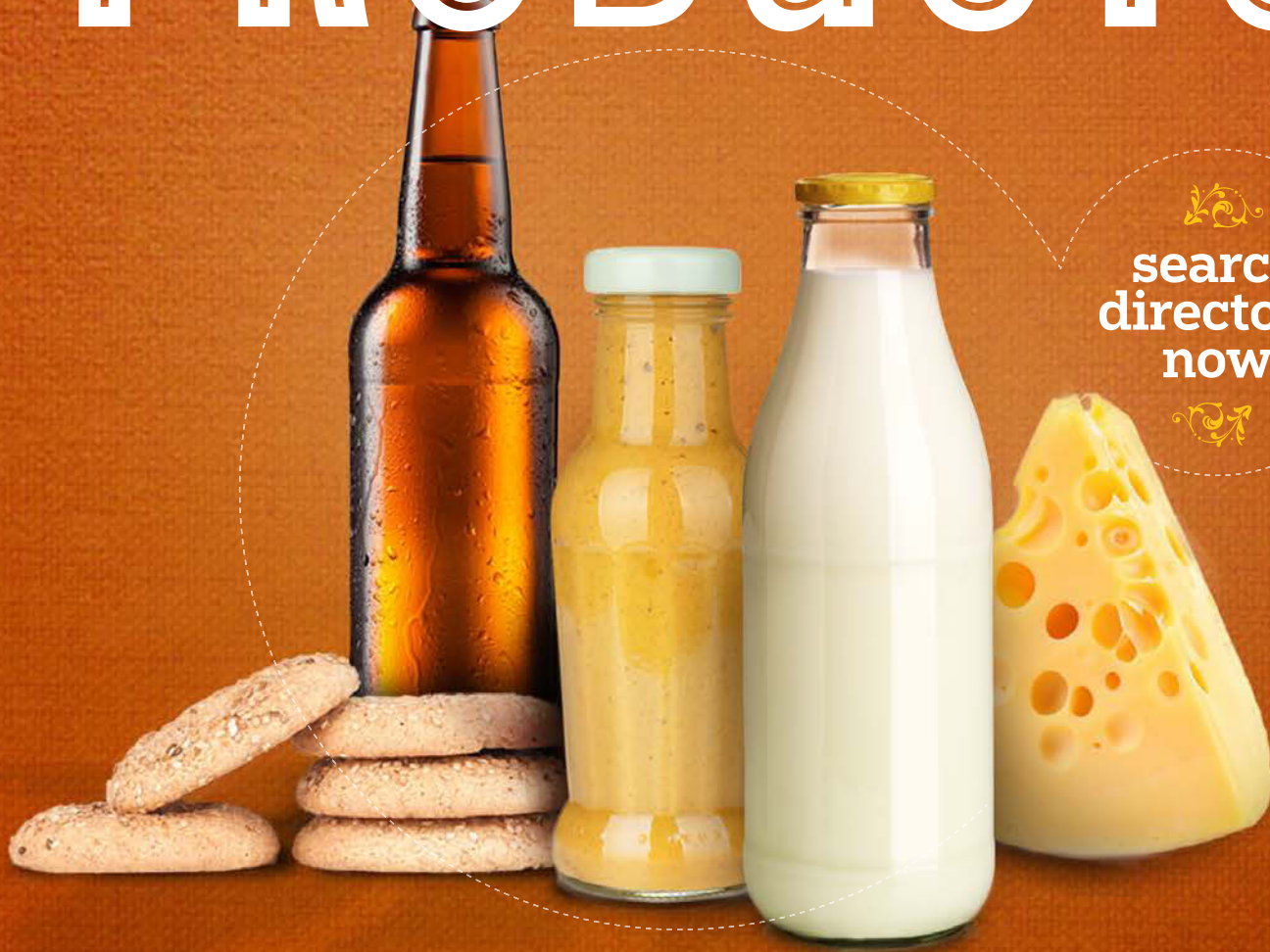
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